

# Breastfeeding Initiation Among Mississippi Women in 2020

## About PRAMS

- The **Pregnancy Risk Assessment Monitoring System (PRAMS)** is an ongoing, population-based surveillance sponsored by the Centers for Disease Control and Prevention and the Mississippi State Department of Health.
- PRAMS participants are randomly selected between 2 and 6 months **postpartum**.
- In this study we analyzed Mississippi PRAMS data from 1,012 women who had a live birth in 2020 in Mississippi to assess **breastfeeding initiation**.

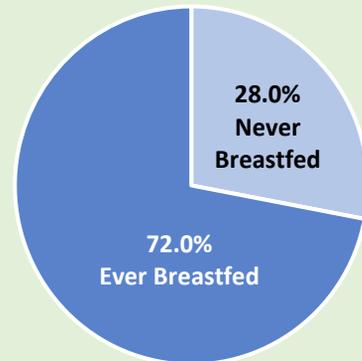
## About Pregnancy Intention and Contraception

- **Breastfeeding**, as the ideal feeding practice for infants, has many **benefits** for both babies and mothers.
- The components of breast milk provide **all** the **energy** and **nutrients** including fat, carbohydrates, proteins, vitamins, minerals and water that an infant requires for the first six months of life, up to **half** or more during the second half of infancy and up to **one-third** during the second year of life.
- Initiation of breastfeeding within 24 hours of birth was significantly associated with **decline** in all-cause neonatal **mortality**, low birth weight related neonatal mortality and infection related neonatal mortality among all live births.

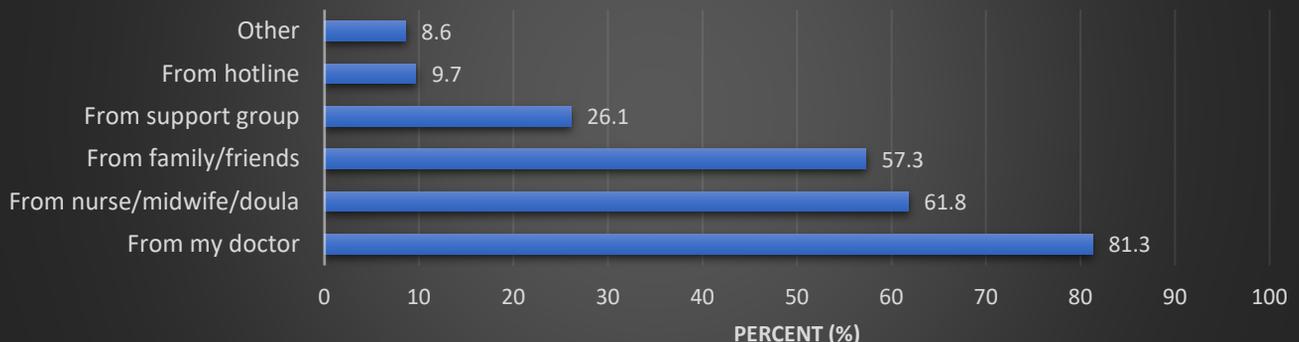
## Definitions

- In this report, **breastfeeding initiation** was assessed using the PRAMS question, *“Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?”* Responses were dichotomized as mothers who did initiate breastfeeding and those who did not.
- In this report, estimates for women who reported their race to be anything other than White or Black are suppressed due to low response.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

**Figure 1. Prevalence of Breastfeeding Initiation, MS, 2020**



**Figure 2. Before or after your new baby was born, did you receive information about breastfeeding from any of the following sources?**



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**Figure 3. Prevalence of Breastfeeding Initiation Among Mississippi Women by Demographic Characteristics (%)**

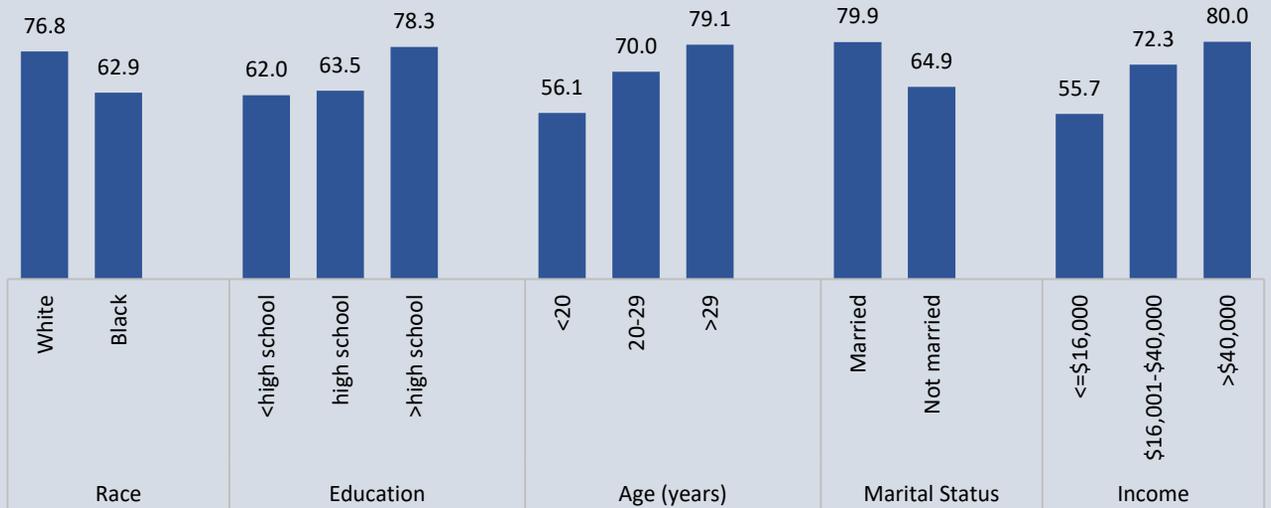


Table 1. Hospital Experience	Percentage (%)
Hospital staff gave me information about breastfeeding	94.6
My baby stayed in the same room with me at the hospital	89.8
I breastfed my baby in the hospital	86.2
Hospital staff helped me learn how to breastfeed	84.1
I breastfed in the first hour after my baby was born	70.4
My baby was placed in skin-to-skin contact within the first hour of life	81.3
My baby was fed only breast milk at the hospital	50.7
Hospital staff told me to breastfeed whenever my baby wanted	84.3
The hospital gave me a breast pump to use	33.6
The hospital gave me a gift pack with formula	58.2
The hospital gave me a telephone number to call for help with breastfeeding	71.9
Hospital staff gave my baby a pacifier	41.7

- **72.0%** of women reported breastfeeding initiation in Mississippi in 2020, which is less than the national average. (Figure 1)
- Most of the women (**81.3%**) received information about breastfeeding from their doctor. (Figure 2)
- **White women (76.8%)** reported a **significantly higher** percentage of breastfeeding initiation compared to Black women (62.9%). (Figure 3)
- Mothers with **more than a high school education (78.3%)** were **significantly more** likely to initiate breastfeeding. (Figure 3)
- The percentage of breastfeeding initiation increased with age and was **significantly higher** among **older mothers**. (Figure 3)
- **Married mothers (79.9%)** reported a **significantly higher** percentage of breastfeeding initiation compared to non-married mothers (64.9%). (Figure 3)
- There was a significant association between income and breastfeeding initiation. **Mothers with higher income** were **more** likely to initiate breastfeeding. (Figure 3)

#### References

- 1) Infant and Young Child Feeding: Model Chapter for Textbooks for Medical Students and Allied Health Professionals. Geneva: World Health Organization; 2009. SESSION 2, The physiological basis of breastfeeding. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK148970/>
- 2) Centers for Disease Control and Prevention. <https://www.cdc.gov/breastfeeding/index.htm>

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